

Short Form of the Tiger

Theme: Create power through equal and opposite motion.

Facing 12:00: Meditating horse stance (Scholar and the Warrior)

1. From a horse stance facing 12:00 execute an upward "X" Block.
2. Next are two back hammer fist strikes (One to each side).
3. Perform two outward back fists at face height.
4. Pivot into a right forward bow facing 1:30 while performing a left inward block and simultaneously performing a right vertical outward block. The right outward block will be on the outside and the inward block will remain on the inside. The left inward block will follow through to become a downward block.
5. Chamber both hands to your sides then cover left foot forward to 10:30 in a 45 degree horsestance.
6. Perform a lower "X" block. Right hand over left.
7. Right hand will simulate the act of grabbing an attackers wrist.
8. Pull the attacker toward you while extending a left outward palm strike to attackers face.
9. While maintaining hold with the right hand, rotate your left palm counter clockwise as if to grab the back of the attackers head.
10. While maintaining the position of the left hand, let go with the right and perform a right corkscrew punch to attackers face as you rotate into a left forward bow to 12:00.
11. Pull your left foot back so that it is beside your right foot, chamber your right hand to your belt and perform a left vertical outward block with hand open.
12. Step left foot to 9:00 and settle in a meditating horse stance.

Courtesy bow